

BEHIND HAPPY FACES

A NEW APPROACH TO MENTAL HEALTH

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MENTAL HEALTH CURRICULUM

Mental Health Approach

Normalize Mental Health Public Health Approach

- Not solely mental illness education
- Not solely suicide prevention

Why this works

- Everyone's goal is to have positive mental health
- Students need a starting point

Corrigan & Wahl:

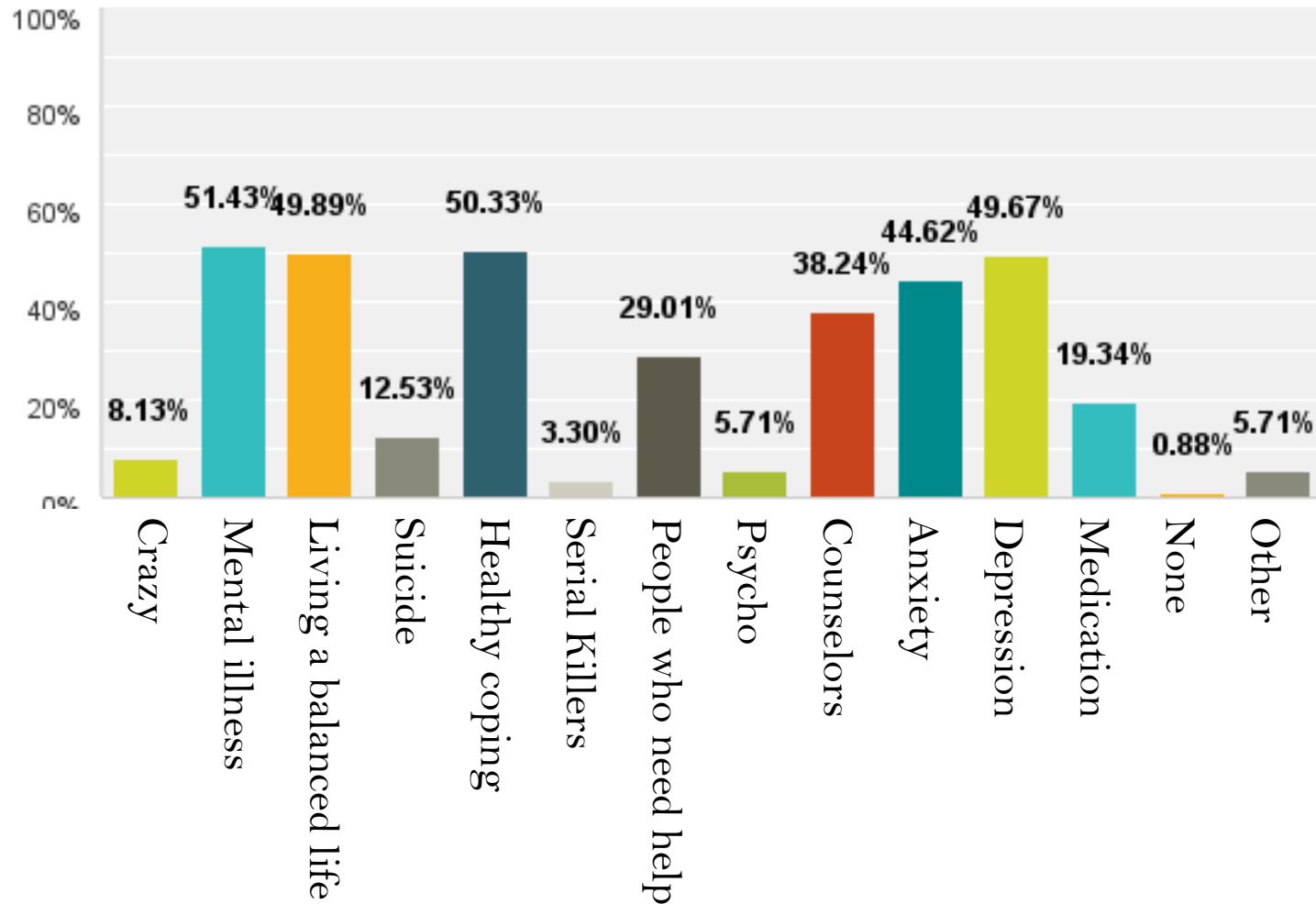
- But what is the stigma?
- Focusing on overall mental health opens students to talking about emotions early which can prevent more severe problems.



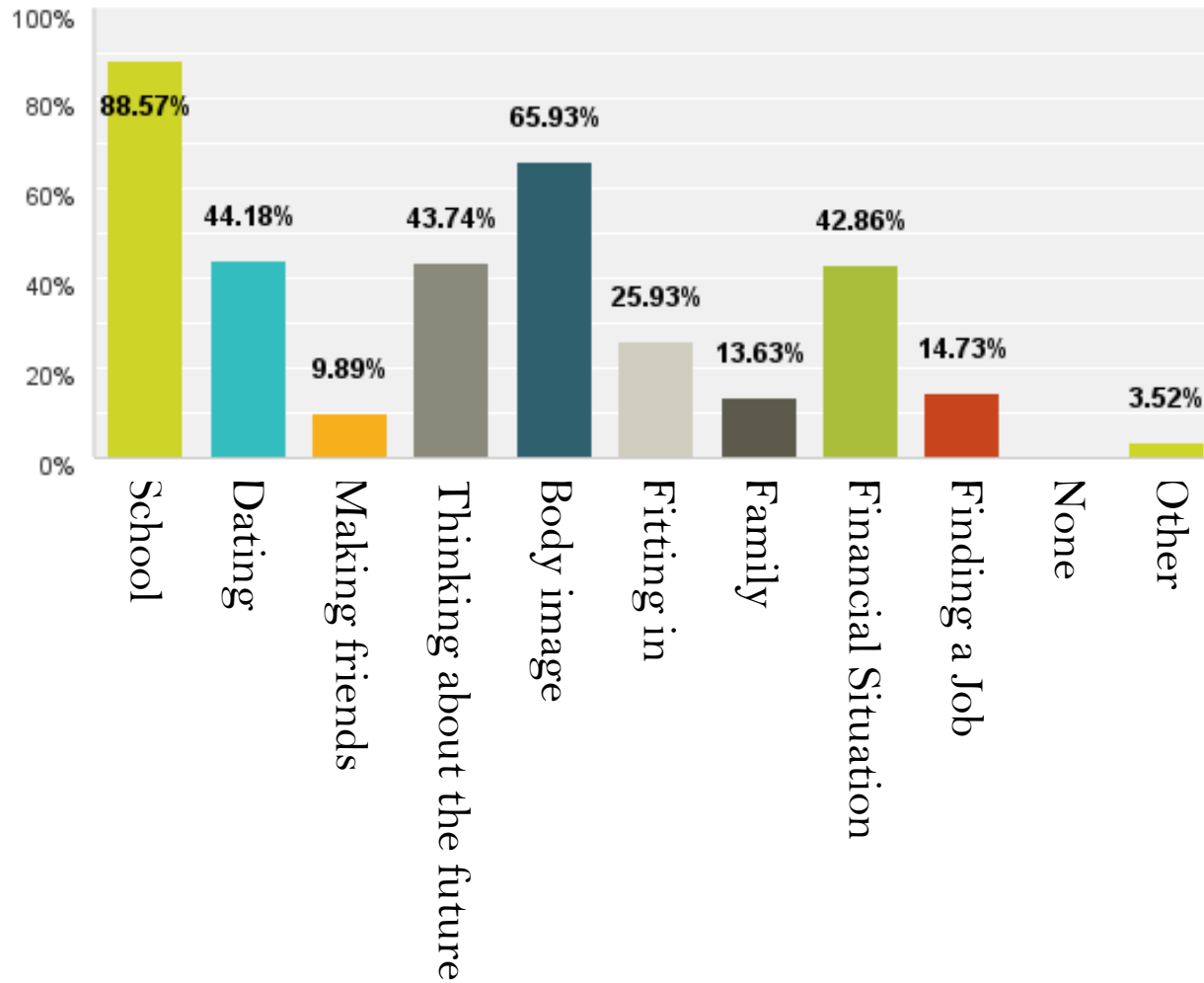
***Awareness campaigns will always be important,
but it's time to give students the tools they need
to address their mental health.***

- Counseling centers are overwhelmed.
- 75% of students have their first episode with mental illness by age 24.
- Why you never really leave high school.
- Teach about coping mechanisms, brain development and how to help a friend.

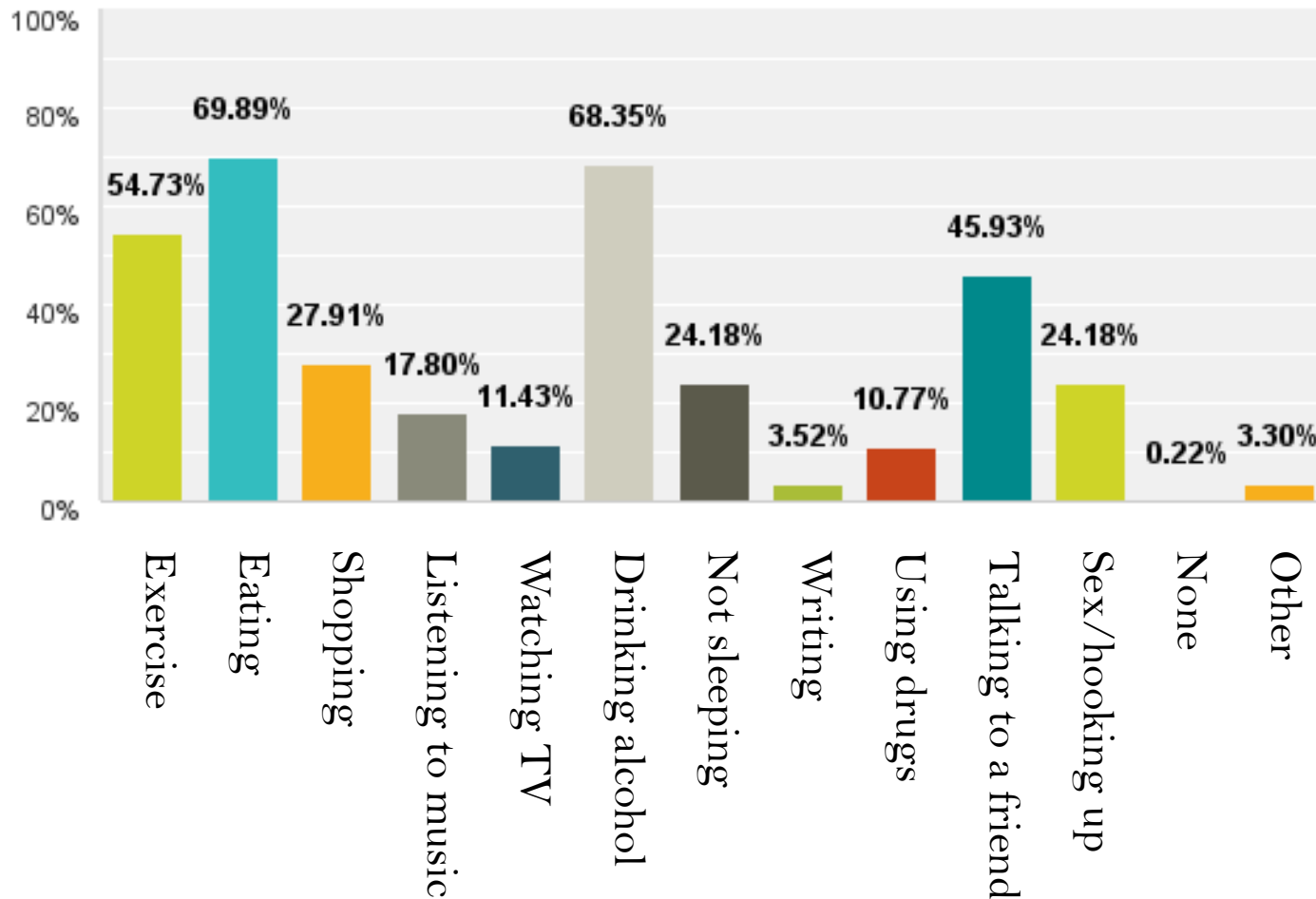
WHAT WORDS DO YOU ASSOCIATE WITH MENTAL HEALTH? CHOOSE THREE.



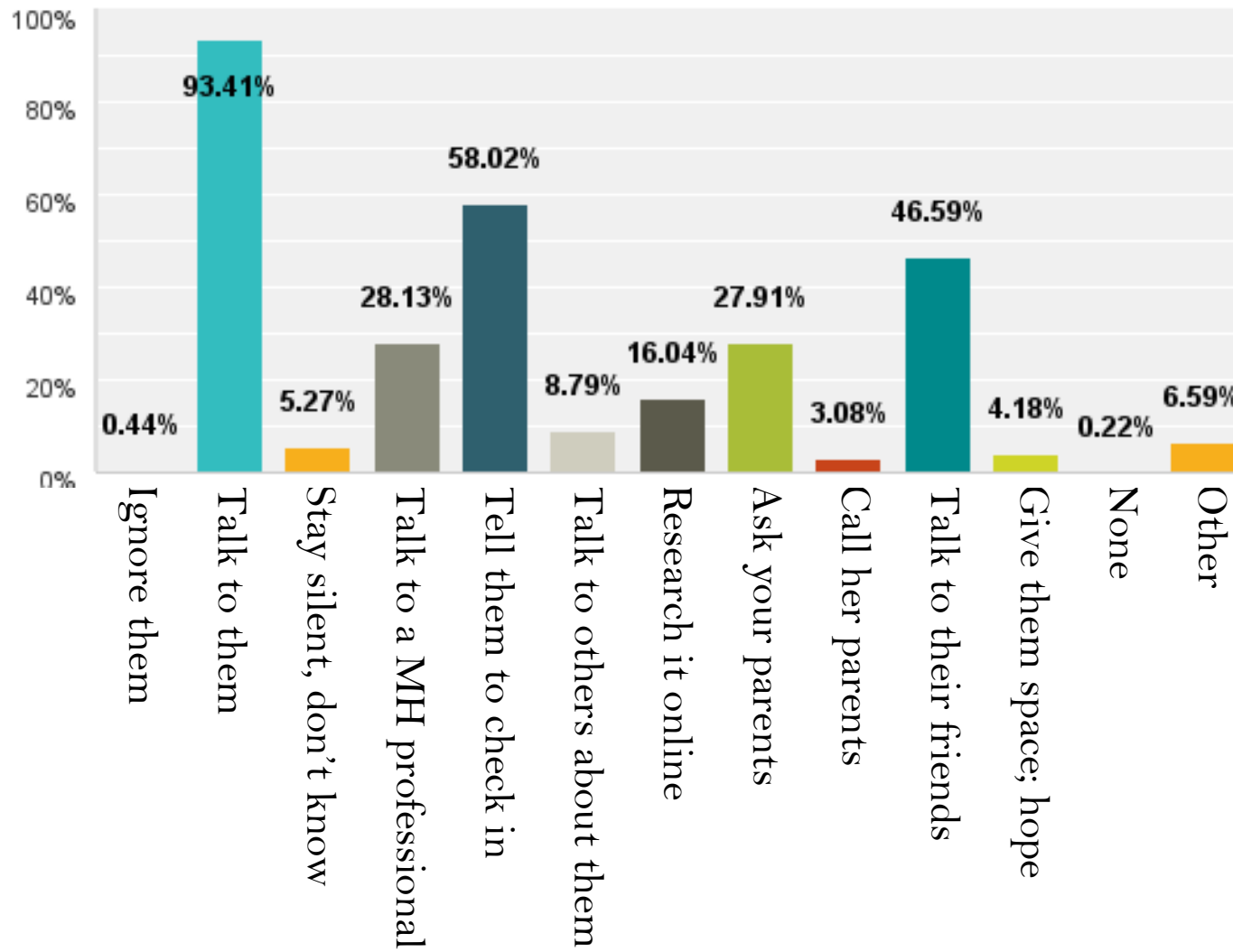
WHAT ARE THE THREE BIGGEST CAUSES OF STRESS FOR STUDENTS? CHOOSE THREE.



HOW DO STUDENTS COPE WITH STRESSFUL SITUATIONS? CHOOSE THREE.



WHAT WOULD YOU DO IF YOU SAW A FRIEND NEEDED HELP? CHOOSE THREE.



LESSONS



- **Lesson 1-** Understanding Mental Health
- **Lesson 2-** Your Mental Health
- **Lesson 3-** Changing Ineffective Coping
- **Lesson 4-** Before The Breakdown

LESSON STRUCTURE



- Video
- PowerPoint
- Interactive Lessons
- Reinforcement
- Widely Scalable

LESSON 1- UNDERSTANDING MENTAL HEALTH

Objectives:

- State a correct definition of mental health.
- Name the most common reasons people don't seek help for their mental health.
- Identify personal barriers to seeking help, explore sources of those barriers and work on how to address them.

THEORETICAL BASIS



- Contact with a peer who is experiencing a mental health disorder is the most effective way to lessen stigma.
- Members need a safe way to express emotions and understand connection to each other.

LESSON 2- YOUR MENTAL HEALTH



Objectives:

- Classify mental health challenges into 5 categories.
- Identify where students are on the mental health spectrum.
- Begin connecting how mental health challenges impact where a person is on the mental health spectrum.

THEORETICAL BASIS



- Students often struggle to describe their mental health.
- A more expansive vocabulary allows them to determine what they are experiencing and how to balance their lives.

MENTAL HEALTH SPECTRUM

Everyday Challenges

Stress
Lack of Sleep
Low Self Esteem
Poor Body Image

Environment

Verbal Abuse
Bullying
Sexual Abuse

Significant Events

Death
Divorce
Breakups
Major Illness

Mental Health Disorders

Depression
Anxiety
Bipolar Disorder
Schizophrenia
Eating Disorders

Developmental Disabilities

Intellectual Disabilities
Autism
Asberger's Syndrome
ADHD

Balanced Life

Difficult to Balance

Need Help or Constant Assistance

Not Able to Balance

LESSON 3- CHANGING INEFFECTIVE COPING

Objectives:

- State a definition of coping.
- Differentiate the difference between effective and ineffective coping.
- Demonstrate the steps to make coping mechanisms more effective.

THEORETICAL BASIS



- Presenting students with the steps of behavior change increases their ability to do something new.
- Provide the neurological explanation of behavior development to help students understand how habits form.

LESSON 4- BEFORE THE BREAKDOWN

Objectives:

- Identify the warning signs of someone who may be experiencing a severe mental health breakdown.
- Demonstrate what actions are helpful to approach a friend, family member, or partner, who needs help.
- Differentiate the differences between what a friend can do and what can only be done by a mental health professional.

THEORETICAL BASIS



- 67% of college students first report suicidal thoughts to a friend.
- Teaching members the basics of what to do when someone is experiencing a mental health challenge or is suicidal increases their ability to help.

TABLE 1: ALL DATA	PRE-TEST MEAN	SD	POST-TEST MEAN	SD	p
1 If I believed I was having a mental breakdown, my first inclination would be to get professional attention.*	2.69	0.85	3.03	0.90	0.000
2 The idea of talking about problems with a psychologist strikes me as a poor way to get rid of emotional conflicts.*	1.68	0.89	1.40	0.73	0.001
3 If I were experiencing a serious emotional crisis at this point in my life, I would be confident that I could find relief in psychotherapy.*	2.99	0.81	3.28	0.79	0.001
4 There is something admirable in the attitude of a person who is willing to cope with his or her conflicts and fears without resorting to professional help.*	2.53	0.92	2.21	1.02	0.000
5 I would want to get psychological help if I were worried or upset for a long period of time.*	3.28	0.79	3.46	0.74	0.023
6 I might want to have psychological counseling in the future.*	2.90	1.04	3.10	1.01	0.016
7 A person with an emotional problem is not likely to solve it alone; he or she is likely to solve it with professional help.*	2.72	0.84	3.00	0.83	0.001
8 Considering the time and expense involved in psychotherapy, it would have doubtful value for a person like me.*	2.04	0.90	1.84	0.87	0.014
9 A person should work out his or her own problems; getting psychological counseling would be a last resort.*	1.95	0.89	1.53	0.78	0.000

TABLE 1: ALL DATA, continued	PRETEST MEAN	SD	POSTTEST MEAN	SD	p
10 Personal and emotional troubles, like many things, tend to work out by themselves.	2.16	0.78	2.02	0.83	0.103
11 I feel confident I could help a friend who was dealing with mental health issues.	3.01	0.81	3.15	0.80	0.095
12 I feel confident I could help a friend who is in crisis.	3.03	0.80	3.18	0.82	0.057
13 I feel confident I know how to respond to crisis in a group of people.*	2.85	0.91	3.17	0.71	0.000
1b I would feel pity for Harry.*	5.88	2.20	5.18	2.49	0.004
2b How dangerous would you feel Harry is?*	4.84	1.98	4.15	2.12	0.000
3b How scared of Harry would you feel?*	3.99	2.05	3.36	1.84	0.000
4b I would think that it was Harry's own fault that he is in the present condition.	1.27	0.66	1.31	0.87	0.697
5b I think it would be best for Harry's community if he were put away in a psychiatric hospital.	2.23	1.54	2.09	1.58	0.319
6b How angry would you feel at Harry?	1.64	1.15	1.51	1.13	0.317
7b How much do you agree that Harry should be forced into treatment with this doctor even if he does not want to?	4.61	1.97	4.50	2.23	0.625
8b How likely is it that you would help Harry?	3.16	1.78	3.11	2.19	0.867
*p<.05, N=120					

Q&A

You have

Questions

We have

Answers

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